

FOR VEGETARIAN , HALAL OR GLUTEN
FREE OPTIONS PLEASE ASK FOR MORE
INFORMATION

BREAKFAST

ADD A HEARTY HEALTHY BREAKFAST TO YOUR MEAL PREP

	CALORIES	PROTEIN	CARBS	FAT
X2 CHICKEN SAUSAGE X2 MEDALLION BACON X2 SCRAMBLED EGGS TOMATOES MUSHROOMS	400	44	13	18
CHICKEN SAUSAGE OATCAKE	481	37	21	14

PROTEIN DESSERT

	CALORIES	PROTEIN	CARBS	FAT
PEANUT BUTTER PROTEIN FLAPJACK	448	23	30	28
PROTEIN ENERGY BALLS	432	14.8	53	12

ORDERING MADE EASY

FIND US ONLINE



www.fastnutrition.co.uk

FIND US ON FACEBOOK



@fastnutrition

FIND US ON INSTAGRAM



@fastnutritionn

CALL US ANYTIME



01782 461720

07890378823

VISIT US IN STORE



141-143 London Road,
Chesterton, ST57JD



FAST NUTRITION
MEAL PREP

HEALTHY. TASTY.
HASSLE FREE.

www.fastnutrition.co.uk

SPECIAL OFFER

10 MEALS

15 MEALS

JUST £35.00

JUST £50.00

WHY NOT BULK UP

MORE PROTEIN. MORE CARBS. MORE GREENS.

10 MEALS

15 MEALS

JUST £50.00

JUST £70.00

Order Now

Online, By Phone Or In Store

141-143 LONDON ROAD, CHESTERTON, ST57JD

STEP 1

Choose Your
CARBS

STEP 2

Choose Your
GREENS

STEP 3

Choose Your
PROTEIN

CARBS

	CALORIES	PROTEIN	CARBS	FAT
NEW POTATOES	135	3	30	0.5
SWEET POTATOES	129	2.3	30	0.8
WHOLEMEAL PASTA	201	7.8	42	1.2
BROWN RICE	209	4.9	40	2.6

GREENS

	CALORIES	PROTEIN	CARBS	FAT
BROCCOLI	26	2	4	0
ASPARAGUS	15	1.6	3	0
PEAS	52	3.8	5.5	0
AVOCADO	80	2	1	7.3
GREEN BEANS	23	1.3	5	0
SPINACH	25	2.4	3	0
KALE	38	0.5	7	0.5

PROTEIN

	CALORIES	PROTEIN	CARBS	FAT
CHICKEN	222	48	0	5.5
STEAK	209	26	0	10.2
COD	120	24	0	2
CHILLI	253	49	18	7
FAJITA	187	23	9	3
CHICKEN CASSEROLE	270	40	11	4
CHICKEN SAUSAGE X3	153	28	2.5	2.8

CHICKEN FLAVOURS

JERK
SWEET CHILLI
SALT & PEPPER
HOT & SPICY
TIKKA



PLAIN
SATAY
BBQ
GARLIC
CHINESE
ITALIAN



SPECIALS

CHICKEN PASTA SALAD

SERVED WITH YOUR CHOICE OF PLAIN OR FLAVOURED CHICKEN

CALORIES - 438

PROTEIN - 41

CARBS - 40

FATS - 3

CHINESE CHICKEN CURRY

SERVED WITH RICE & PEAS

CALORIES - 518

PROTEIN - 39.9

CARBS - 54

FATS - 6.6

TURKEY MINCE BOLOGNESE

SERVED WITH PASTA & BROCCOLI

CALORIES - 426

PROTEIN - 31.8

CARBS - 62

FATS - 5.2

